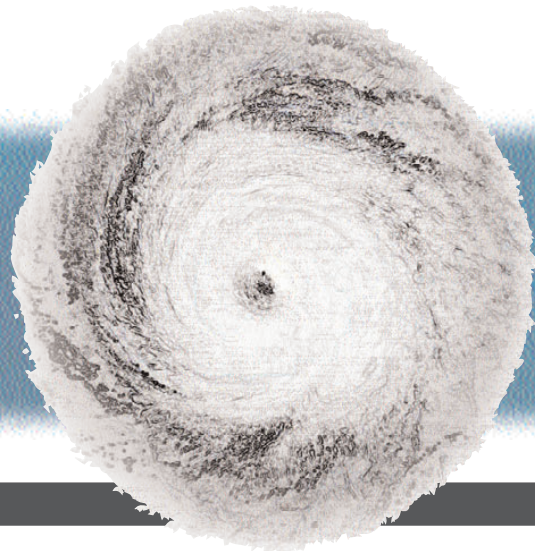


Hurricane Survival Guide



Emergency Supply Checklist

- ☐ Several clean containers for water (three to five day supply, about five gallons per person).
- ☐ Alternate heating and cooking sources such as a kerosene heater or camp stove.
- ☐ Three to five day supply of non-perishable food.
- ☐ Shovels and hand tools.
- ☐ First aid kit and manual.
- ☐ Candles and matches.
- ☐ Battery-powered radio, flashlights and extra batteries.
- ☐ A mop, bucket and towels.
- ☐ Sleeping bags or extra blankets.
- ☐ One or more rolls of plastic sheeting, a staple gun with staples and duct tape.
- ☐ Large supply of non-breakable spoons, forks, knives, cups, plates.
- ☐ Plastic trash bags and ties.
- ☐ Water-purifying supplies, such as chlorine or unscented, ordinary household bleach.
- ☐ Emergency kit for your car with flares, booster cable, maps, a first aid kit and fire extinguisher.
- ☐ Prescription medicines.
- ☐ Citizens band radio or cellular phone,if possible.
- ☐ Baby food and/or prepared formula (canned), diapers and other baby supplies.
- ☐ Games/favorite toys.
- ☐ Disposable cleaning cloths such as baby wipes.
- ☐ Pet food.
- ☐ Toilet paper.
- ☐ Insect repellant.
- ☐ Personal hygiene supplies.
- ☐ Rubber boots and gloves.

Inclement weather call list

The following is a list of area radio and television stations that are notified when weather affects the work status at Fort Monroe:

| | | | |
|--------------------|----------------------|---------------------|----------------------|
| TELEVISION: | WXMM FM 100.5 | WNIS AM 790 | WJCD FM 107.7 |
| WTKR-TV, Ch. 3 | WGH AM 1310/FM 97.3 | WNOR FM 98.7 | WTAR AM 850 |
| WAVY-TV, Ch. 10 | WHRO FM 90.3 | WNVZ FM 104.5 | WTJZ AM 1270 |
| WVEC-TV, Ch. 13 | WHRV FM 89.5 | WOWI FM 102.9 | WWDE FM 101.3 |
| RADIO: | WKUS FM 105.3 | WPTE FM 94.9 | WXEZ FM 94.1 |
| WAFX FM 106.9 | WPYA FM 93.7 | WROX FM 96.1 | WXGM FM 99.1 |

All changes to Fort Monroe operational status (i.e. closure) will also be posted on the installation homepage: www.monroe.army.mil/monroe

Additional Weather/Information Sources:

- The Weather Channel, a 24/7 cable network dedicated to weather forecasts and storm updates.
- In the event of hurricane warnings, supervisors will inform their workers about early-release information.

For emergencies, call the Military Police at 788-2238/2239.

For storm repairs and safety hazards, call the DPW Service Order Desk at 788-4228.

Information gathered from the National Center for Environmental Health, Fort Monroe DPW, www.emergencymail.org and the WAVY 10 Hurricane Survival Guide

Hurricane preparation

- Learn about your community’s emergency plans, warning signals, evacuation routes and locations of at least two emergency shelters.
- Take a first aid and CPR course.
- Trim back dead or weak branches from trees.
- Consider flood insurance, especially if you are in a flood zone. Keep in mind, most insurance companies enforce a grace period before the policy takes effect.
- Teach family members how and when to turn off gas, electricity and water.
- Teach children how and when to call 9-1-1, police or the fire department.
- Insure fire extinguishers are fully charged and easi-

- ly accessible. Teach family members how to extinguish a fire.
- Conduct an evacuation drill for at least two ways out of your home.
- Establish an assembly point outside your home where all family members will meet in case they become separated.
- Update your emergency contact information to include names of relatives who would know how to reach you if ordered to evacuate. Provide that information to friends and your employer.
- Know the location of your important papers such as insurance policies and wills that should go with you if

- ordered to evacuate.
- Inventory your property and take photographs or shoot video of high-dollar items such as major electronics, jewelry and antique furniture.
- Assemble an emergency supply kit (see recommended content list at left).
- Make arrangements for pets. Most shelters do not allow animals. Also insure your shelter has a pet evacuation plan, and is within easy access via evacuation routes.
- Consider purchasing UV resistant tarps and other tools needed to make temporary repairs after the storm.

Hurricane watch/warning in effect

- Check your supplies, especially water, batteries and non-perishable food that doesn’t need to be cooked.
- Fill your vehicles with gas as well as approved fuel containers used for generators if applicable.
- Get extra cash to carry you over in case banks are closed and ATMs are without power.
- Turn refrigerator and freezer to the coldest setting and open doors only when absolutely necessary. Fill all ice trays or consider purchasing ice for extra cold storage in portable coolers.
- Store drinking water in clean bathtubs, water jugs and/or cooking utensils.
- Store valuables and personal papers in a waterproof

- container on the highest level of your home.
- Bring in small items outside your home that could become projectiles with high winds. Insure large items (sheds, swingsets) are secured with hurricane tie-downs.
- Decide well in advance if evacuation is your best option — even if an evacuation order has not been given — to avoid heavy or backed up traffic.
- If evacuating, remember to carry identification cards, proof of address, etc., to regain access in the event an area is placed on restriction.
- If you decide to remain in your home, review evacuation plans and family rallying points. Move vehicles

- to higher ground or an area not prone to severe flooding.
- Place flashlights where they are easily accessible, especially bedrooms and common living areas. Do not use candles or devices with an open flame.
- Maintain contact with family and your employer.
- Continue to monitor radio and television news reports for additional information about the storm or possible evacuation plans. Prior to Isabel, Fort Monroe hosted a series of Town Hall meetings that also provided valuable information.
- Always be prepared to evacuate if the order is given.

During the storm

- Monitor the radio or television for weather conditions and emergency announcements, if possible.
- Do not go outside, even if the weather appears to have calmed — the calm “eye” of the storm can pass quickly, leaving you outside when strong winds resume.
- Do not attempt to drive anywhere — leave the roads clear for emergency vehicles.
- Expect the loss of electricity, gas and water.
- If power is lost, turn off major appliances to reduce the power “surge” when electricity is restored.
- If you should lose power, eat perishable food first.
- Stay away from all windows and exterior doors,

- seeking shelter in a bathroom or basement. Bathtubs can provide some shelter if you cover yourself with plywood or other materials.
- Remain as calm as possible. Keep children busy with talk and games to alleviate stress.
- Be prepared to evacuate to a shelter or a neighbor’s home if your home is damaged or if you are instructed to do so by emergency personnel.
- If you abandon your quarters, lock all windows and doors and turn off all circuit breakers other than that which powers your refrigerator. Also turn off all heater/air conditioning units.
- If an emergency forces you out of your home, pro-

- ceed directly to another shelter. Do not attempt to move debris or other items which may have come into contact with live power lines.
- If you must abandon your pets, insure they are safe in an inside room and have a fresh supply of food and water.
- Have emergency numbers available at all times. The Fort Monroe military police can be reached at 788-2238/2239 for emergency assistance or referral.

The Monroe Installation Operations Center hotline number is 788-6318.

After the storm

- Help injured or trapped persons. Give first aid where appropriate.
- Do not move seriously injured persons unless they are in immediate danger of further injury.
- Return home only after authorities say it is safe to do so.
- Avoid loose or dangling power lines and report them immediately to the power company, police or fire department. For those on post, contact DPW’s Service Order Desk at 788-4228 or the fire department at 788-2287.
- Enter your home with caution. Beware of snakes and animals driven to higher ground by flood water.

- Check for gas leaks and leave the home immediately if detected. Contact the gas company from a neighbor’s home.
- Check for electrical damage and turn off all circuit breakers immediately if detected. Contact an electrician or your power company.
- Open windows and doors to ventilate and dry your home..
- Check refrigerated food for spoilage. Discard any food that has been at room temperature for two hours or more. Your refrigerator will keep foods cool for about four hours without power if it is unopened.
- Take pictures of the damage, both to the house and

- its contents for insurance claims.
- Drive only if absolutely necessary, and watch for flooded roads and washed-out bridges.
- Use telephones only for emergency calls.
- Do not allow children to play in floodwater areas or play with floodwater contaminated toys.
- Wash hands frequently to avoid illness caused by contaminated water.
- Do not use tap water for drinking, cooking or bathing until it has been declared safe by authorities.
- Look out for your family’s mental health. Get plenty of rest, eat regular meals and be patient. It will take time for life to return to normal.